



1/3 of the population has pre-diabetes (57 million people)



Did You Know?

- 83% of people with pre-diabetes will become a person with diabetes without any lifestyle change.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.
- Diabetes and obesity can decrease life expectancy by 10 years — the same as smoking.
- The annual estimated cost of diabetes is \$11,917 per person.

Contact Us

Questions? Please contact the Director of Healthy Living, **Joanna Zaremba**, at (302) 571-6998 or email jzaremba@ymcade.org.

We look forward to introducing you to our unique program.

Session Descriptions

- # 1: Welcome & Getting Started
- # 2: Be a Fat & Calorie Detective
- # 3: Ways to Eat Less Fat & Fewer Calories
- # 4: Healthy Eating
- # 5: Move Those Muscles
- # 6: Being Active: A Way of Life
- # 7: Tip the Calorie Balance
- # 8: Take Charge of What's Around You
- # 9: Problem Solving
- # 10: Four Keys to Healthy Eating Out
- # 11: Talk Back to Negative Thoughts
- # 12: The Slippery Slope of Lifestyle Change
- # 13: Jump Start Your Activity Plan
- # 14: Make Social Cues Work for You
- # 15: You Can Manage Stress
- # 16: Ways to Stay Motivated



YMCA Diabetes Prevention Program





The YMCA now offers a 16-week program developed to reduce the risk of diabetes in individuals with pre-diabetes. Each one-hour session per week is facilitated by a trained Lifestyle Interventionist. The sessions will cover nutrition, physical activity and behavior modification to help participants achieve two primary goals:

- Reduce body weight by 7%.
- Participate in regular physical activity.

The cost of the program is \$50 for YMCA members and \$100 for those who are not yet members. The YMCA Diabetes Prevention Program will be offered at YMCA of Delaware branches or in nearby community centers. Financial assistance is available, if needed, through the YMCA Open Doors Program.

For more information, please contact **Joanna Zaremba, Director of Healthy Living**, at (302) 571-6998 or jzaremba@ymcade.org.



About the Program

The YMCA is offering a **Diabetes Prevention Program**, designed and researched by the **Indiana University School of Medicine**.

The original program proved to reduce the risk of type 2 diabetes by 58% when individuals with pre-diabetes made lifestyle changes related to food choices and exercise.



Getting Started

In order to qualify for the program, participants must be at high risk for developing diabetes (*this can be determined by answering the following questions and getting a blood test to check your blood sugar levels*).

Below, please check each box that is true:

- ☐ *My blood pressure is 140/90 or higher, or I have been told I have high blood pressure.*
- ☐ *I have been told that my cholesterol levels are not normal.*
- ☐ *I am fairly inactive. I do NOT exercise more often than two times a week.*
- ☐ *I have or had a parent or sibling with diabetes.*
- ☐ *I have been told I have pre-diabetes.*
- ☐ *I have had gestational diabetes (diabetes during pregnancy), or I gave birth to a baby weighing more than 9 pounds.*
- ☐ *I am overweight or obese (BMI \geq 25 kg/m²).*
- ☐ *I am 45 years of age or older.*

If three or more boxes above are checked, then you are at risk for pre-diabetes or diabetes, and may qualify for the program. **This does NOT mean you have diabetes.** You will need a blood test to find out.

Contact Joanna Zaremba at (302) 571-6998 or jzaremba@ymcade.org to find out if you qualify and to learn registration details and when the next program starts.



Name: _____ Date: _____

Are You a YMCA Member? ☐ Yes ☐ No

Have You Ever Been a Member of the YMCA? ☐ Yes ☐ No

Gender: M ☐ F ☐ Birth Date: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Healthcare Provider Use Only

_____, has pre-diabetes;

His/Her (check one and enter value):

☐ Fasting plasma glucose = _____ mg/dL
(must be 100 - 125 mg/dL),

☐ 2-hour (75 gm glucola) plasma glucose = _____ mg/dL
(must be 140 - 199 mg/dL)

☐ Non-Fasting glucose = _____ mg/dL
(must be 140 - 199 mg/dL)

☐ A1C value = _____ %
(must be 5.7% - 6.4%)

I (check one) **DO** ☐ **DO NOT** ☐ recommend that this patient set goals for achieving a 7% weight reduction through changes in diet and gradual increases in physical activity.

Physician name: _____

Contact Number: _____

Physician signature: _____

Date: _____

Mail completed form to:

Joanna Zaremba
YMCA of Delaware
Attn: Director of Healthy Living
100 West 10th Street, Suite 1100
Wilmington, DE 19801

Fax completed form to:

YMCA of Delaware
Attn: Joanna Zaremba
(302) 656-5035